

## Homemade Face Masks for Oily Skin Types

### Apple Zinger Face Mask

**Prep time to make facial:** 5 min

**Cook time for facial:** 0 hour

**Total time for facial:** 25 min

Use this on acne prone oily skin.

#### Ingredients:

- 1 medium size apple ; grated
- 5 tablespoons honey; warmed

#### Instructions:

Stir ingredients together. Apply to freshly cleaned face and leave on for 10 minutes. Wash off with warm water and pat dry.

### Apple and Cucumber Face Mask

**Prep time to make facial:** 5 min

**Cook time for facial:** 0 hour

**Total time for facial:** 25 min

Clean and refresh your face with this mask.

#### Ingredients:

- 1/2 cucumber; peeled and chunked
- 1/2 medium apple
- 1 large egg white
- 1 teaspoon lemon juice
- 1 teaspoon lime juice
- 1 teaspoon or 3 leaves mint leaves
- 2 drops lime essential oil

#### Instructions:

Blend all of the ingredients except the essential oil in a blender. Stir in the oil last. Apply to your face and neck avoiding the eye area. Leave on for 20-minutes. Rinse off the facial mask with warm water

### Banana and Sugar Facial Scrub

**Prep time to make facial:** 5 min

**Cook time for facial:** 0 hour

**Total time for facial:** 25 min

The banana will nourish your skin as the sugars gently exfoliate.

#### Ingredients:

- 1 ripe banana

- 1/4 cup granulated sugar
- 1/4 cup dark brown sugar

**Instructions:**

Peel and then mash the banana down to a non-lumpy consistency. Stir in both the brown and granulated sugars. Rub on your face for 2-minutes, then relax and leave on your face for 10 to 15 minutes and rinse with warm water.

**Brewer's Yeast Face Mask**

**Prep time to make facial:** 5 min

**Cook time for facial:** 0 hour

**Total time for facial:** 25 min

This facial recipe will help clear up the oily parts of your face. It is not meant to be used as an all over mask.

**Ingredients:**

- 1 teaspoon brewer's yeast
- 2 tablespoons plain yogurt

**Instructions:**

Combine the yogurt and the yeast, you may add a little more yogurt if needed. Place this mixture on the oily parts of your face - not the whole face. Wait 15 minutes and rinse with warm water.

**Carrots and Honey Face Mask**

**Prep time to make facial:** 5 min

**Cook time for facial:** 20 min

**Total time for facial:** 45 min

Use this on normal to oily skin.

**Ingredients:**

- 2-3 large carrots; cooked and mashed
- 4 1/2 tablespoons honey

**Instructions:**

Stir ingredients together. Apply to freshly cleaned face - do not massage in - and leave on for 10 minutes. Wash off with warm water and pat dry.

**Egg Whites and Lemon Face Mask**

**Prep time to make facial:** 5 min

**Cook time for facial:** 0 hour

**Total time for facial:** 25 min

Oil skin types will love how well this mask will work for them. Cleans pores and helps prevent and get rid of black heads.

**Ingredients:**

- 2 egg whites
- 1 teaspoon lemon juice

**Instructions:**

Combine the lemon juice and egg white in a bowl. Beat until fluffy. Apply to your face, avoid getting too close to your eyes. Wait for 10-20 minutes and rinse off with warm water.

**Grapefruit Face Mask**

**Prep time to make facial:** 5 min

**Cook time for facial:** 0 hour

**Total time for facial:** 25 min

**Ingredients:**

- 1 teaspoon grapefruit juice
- 1 teaspoon sour cream
- 1 egg white

**Instructions:**

This is for an oily to normal skin type. Beat egg white until it is fluffy, add sour cream and grapefruit juice and blend well. Apply to face for 15 minutes, then rinse with warm water.

**Lemon Face Mask**

**Prep time to make facial:** 5 min

**Cook time for facial:** 0 hour

**Total time for facial:** 25 min

Lemon is an astringent that will clean your skin.

**Ingredients:**

- 2 tablespoons lemon yogurt; full fat
- 1 teaspoon oatmeal
- 1 teaspoon fresh lemon juice

**Instructions:**

Finely grind your oatmeal in a blender or food processor. Add the other ingredients and blend. Apply to your face and neck avoiding the eye area. Leave on for 10 minutes. Rinse off this facial mask with luke warm water.

## **Lemon Lime Face Mask**

**Prep time to make facial:** 5 min

**Cook time for facial:** 0 hour

**Total time for facial:** 25 min

Clear your pores with this moisture keeping mask that has extra fizz.

### **Ingredients:**

- 1/2 cup plain full fat yogurt
- 2 teaspoons lemon juice
- 2 teaspoons lime juice
- club soda

### **Instructions:**

In a large bowl mix together the juices and the yogurt. Apply to your face and neck avoiding the eye area. Leave on for 15 minutes. Rinse off this facial mask with club soda, the fizzy feeling adds to the circulation in your skin.

## **Lemon Tomato Mask**

**Prep time to make facial:** 5 min

**Cook time for facial:** 0 hour

**Total time for facial:** 25 min

Use this on oily skin. The acid in the tomato and lemon work on acne and blackheads.

### **Ingredients:**

- 1 over-ripe tomato; inside scooped and mashed
- 1 tsp lemon juice
- 1 tsp instant oatmeal

### **Instructions:**

Puree all ingredients in a blender. Apply to freshly cleaned face and leave on for 15 minutes. Wash off with warm water and pat dry.

## **Simple Apple Facial Mask for Oily Skin Face Mask**

**Prep time to make facial:** 5 min

**Cook time for facial:** 0 hour

**Total time for facial:** 25 min

The simple apple and egg white mixture will help clean and nourish oily skin and can help with acne.

### **Ingredients:**

- 4 tablespoons apple; grated fine
- 1 Egg White

**Instructions:**

Mix the the apple and egg white together in a bowl and apply directly to the face and neck avoiding the eye area. Leave on for 15 minutes. Rinse off the facial mask with luke warm water. Pat dry.

**Strawberry Lemon Mask**

**Prep time to make facial:** 5 min

**Cook time for facial:** 0 hour

**Total time for facial:** 25 min

This mask is excellent for oily skin.

**Ingredients:**

- 1 tsp lemon juice
- 2 egg whites
- 3 tsp honey
- 1 cup strawberries

**Instructions:**

Blend with a blender ingredients well. Apply to freshly cleaned face and leave on for 10 minutes. Wash off with warm water and pat dry.

**Tomato with Potato Flour Face Mask**

**Prep time to make facial:** 5 min

**Cook time for facial:** 0 hour

**Total time for facial:** 25 min

This mask is excellent for oily skin, the acid in tomatoes will give your face a good cleaning.

**Ingredients:**

- 1 tomato
- 2 tablespoons of potato flour

**Instructions:**

Peel the flesh of one tomato away from the skin and seeds. Mix with two tablespoons of potato flour to form a paste. Add more if runny. Apply to your face and leave on for 10 minutes. Wash off with warm water and pat dry.